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ABSTRACT

This book provides a practice guide for students and mental health professionals who provide psychotherapy. It begins by looking at who the patients are and discussing why they come for therapy. A classification system divides all patients into one of four large groups: (1) normal-neurotic; (2) narcissistic; (3) borderline; and (4) psychotic. This system is used throughout the book. Comparisons are made regarding each of the categories and the strategies, approaches, and techniques appropriate for each grouping. The primer addresses the therapists, including who they are, what attracted them to the field, and the problems they encounter. This is followed by an overview of psychotherapy. Different types of psychotherapy are conceptualized on a continuum. Chapters are also included on factors to consider when setting up an office, how to conduct the initial interview, and what arrangements to discuss with the patients. Therapeutic interventions and strategies, in particular those regarding anxiety and defense, are discussed. Special issues and problems, such as dealing with suicidal patients, the use of medication, and how best to handle dreams, are all addressed. A chapter is included on contemporary schools of thought such as self psychology, intersubjectivity, and social constructionism. (Contains 10 appendixes, and 97 references.) (JDM)

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